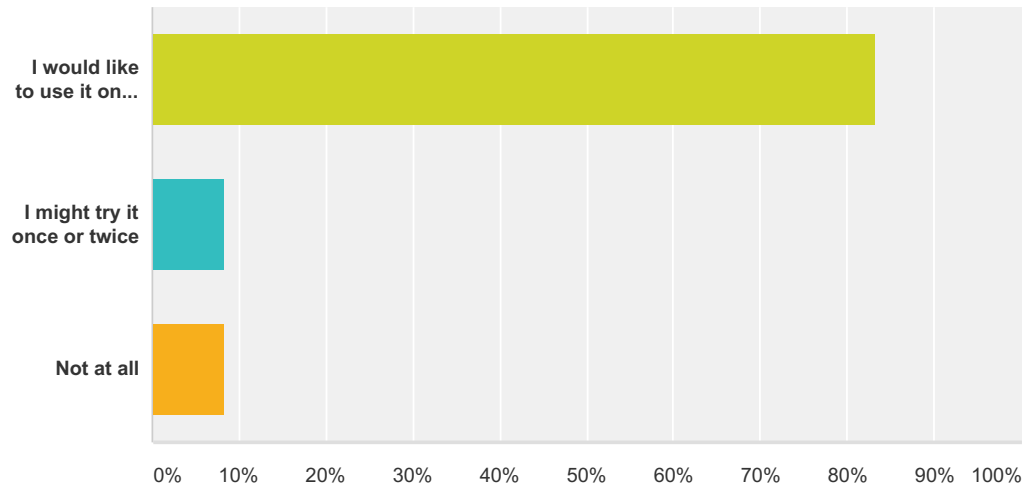


Q1 How often do you think you would use the Fitness Zone?

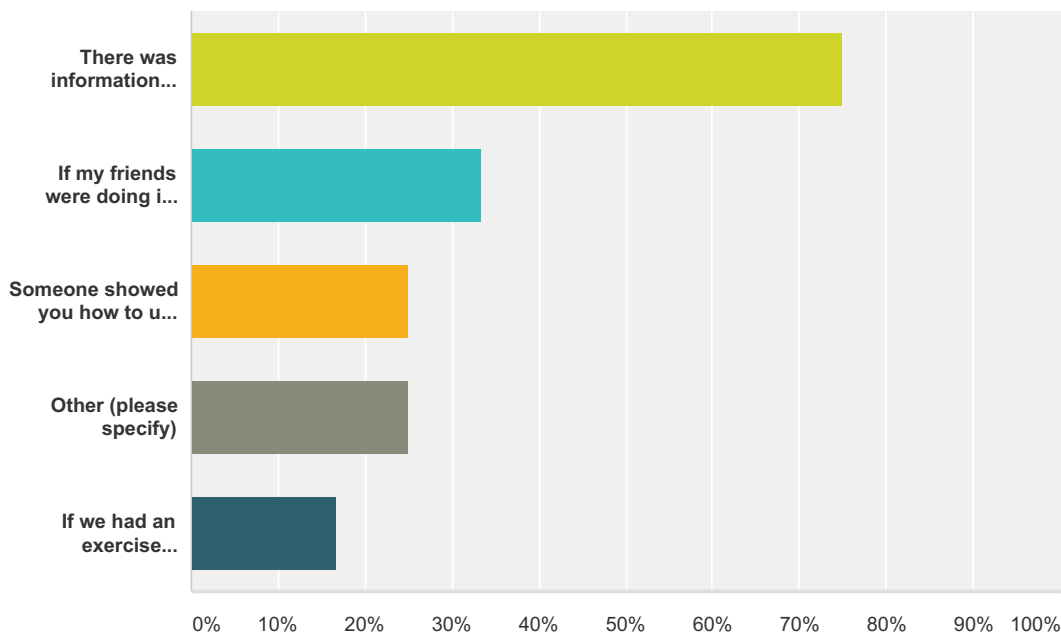
Answered: 12 Skipped: 0



Answer Choices	Responses	
I would like to use it on a regular basis	83.33%	10
I might try it once or twice	8.33%	1
Not at all	8.33%	1
Total		12

## Q2 Would you use the Fitness Zone more often if (check as many as apply):

Answered: 12 Skipped: 0

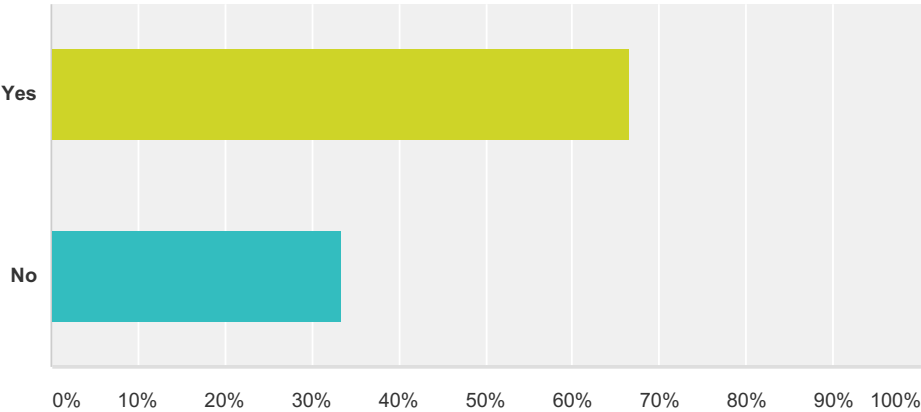


Answer Choices	Responses
There was information available on how to put together an exercise routine for your level of fitness and how to improve your strength and stamina	75.00% 9
If my friends were doing it with me	33.33% 4
Someone showed you how to use the equipment	25.00% 3
Other (please specify)	25.00% 3
If we had an exercise competition going on	16.67% 2
Total Respondents: 12	

#	Other (please specify)	Date
1	i have already asked a friend (he needs it badly) to exercise with me, it will be FUN we would help each other...Also our income is limited. TKS	6/15/2015 6:26 PM
2	opportunities to lead events	6/10/2015 12:45 PM
3	I hike and row and work out already at a fitness center at a boathouse. I don't need this one - but it's still a great idea. Lots of other people don't do what I do.	6/4/2015 5:46 PM

**Q3 Would you be more likely to use the Fitness Zone if a pair of the same piece of equipment was provided for you to perform the same exercise next to a friend?**

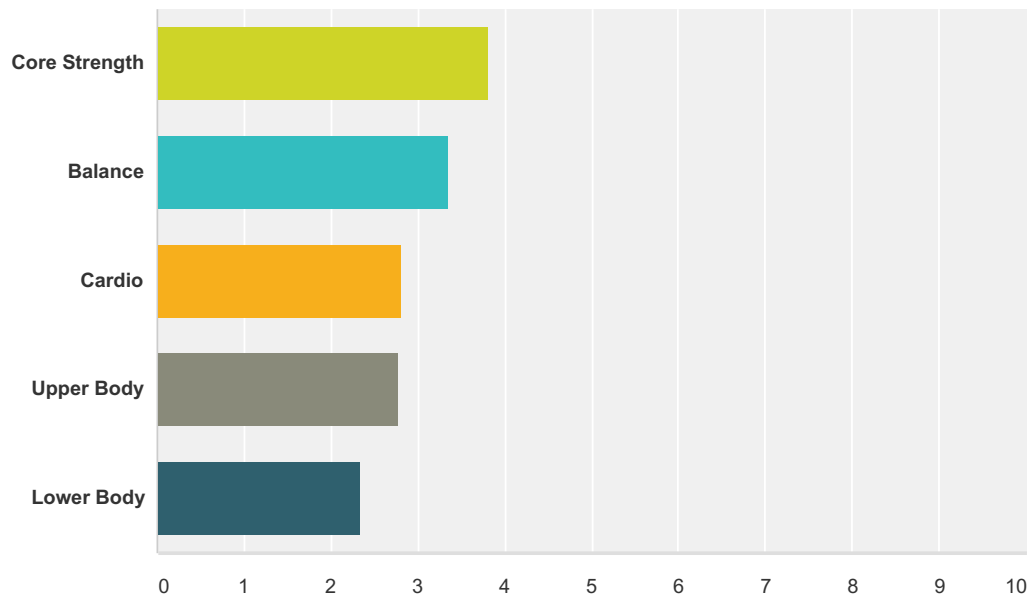
Answered: 12 Skipped: 0



Answer Choices	Responses	
Yes	66.67%	8
No	33.33%	4
Total		12

**Q4 Please rank your interest in the following types of exercise: (You can drag and drop each row in your preferred order, 1-High, 5-Low)**

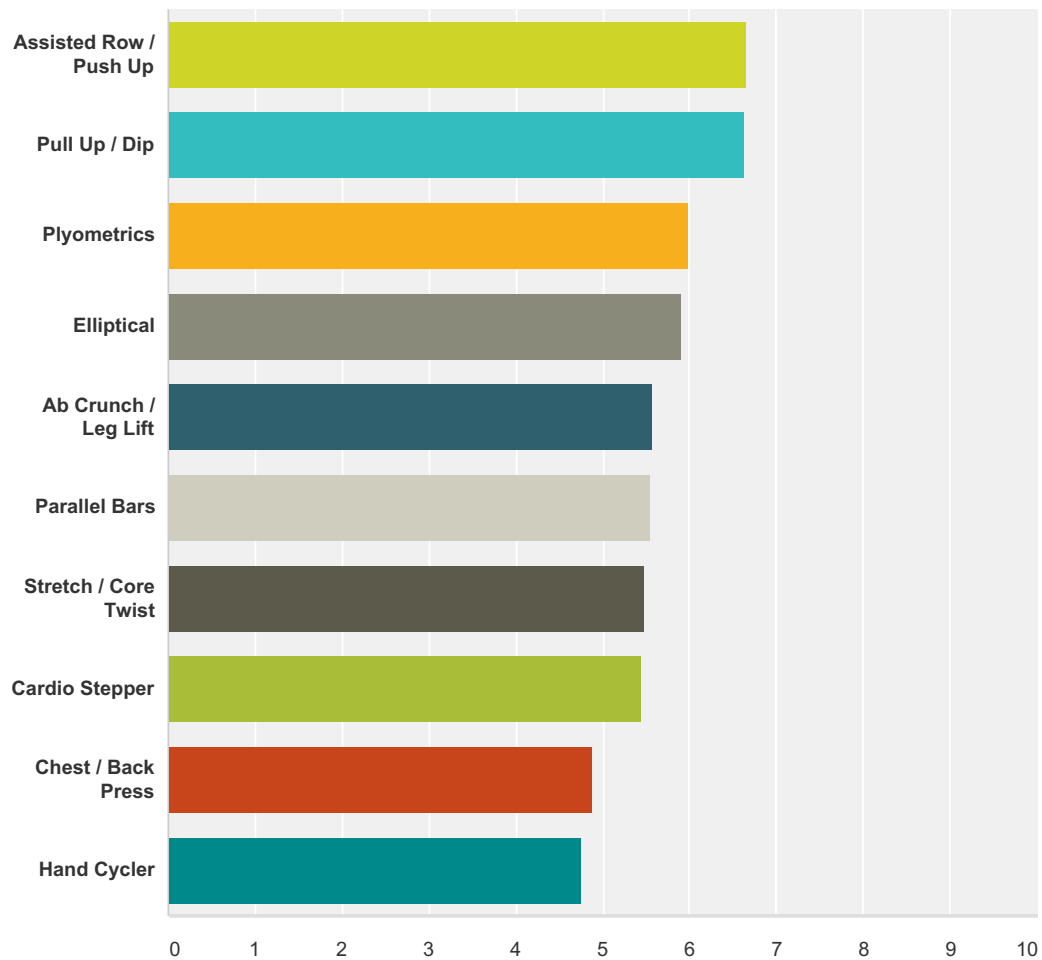
Answered: 12 Skipped: 0



	1	2	3	4	5	Total	Score
Core Strength	45.45% 5	18.18% 2	18.18% 2	9.09% 1	9.09% 1	11	3.82
Balance	18.18% 2	45.45% 5	9.09% 1	9.09% 1	18.18% 2	11	3.36
Cardio	18.18% 2	18.18% 2	18.18% 2	18.18% 2	27.27% 3	11	2.82
Upper Body	11.11% 1	11.11% 1	44.44% 4	11.11% 1	22.22% 2	9	2.78
Lower Body	0.00% 0	11.11% 1	22.22% 2	55.56% 5	11.11% 1	9	2.33

**Q5 Please rank your interest in the equipment above: (You can drag and drop each row in your preferred order 1-High, 5-Low)**

Answered: 12 Skipped: 0

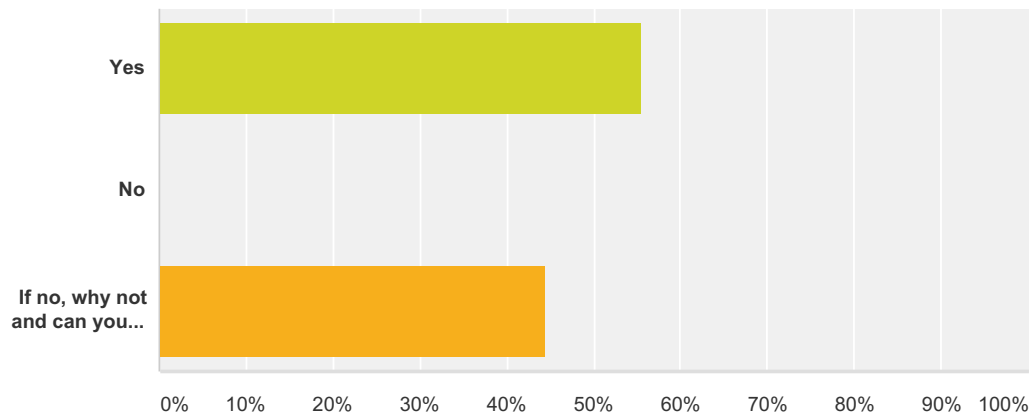


	1	2	3	4	5	6	7	8	9	10	Total	Score
Assisted Row / Push Up	0.00% 0	33.33% 3	11.11% 1	11.11% 1	11.11% 1	22.22% 2	0.00% 0	0.00% 0	11.11% 1	0.00% 0	9	6.67
Pull Up / Dip	12.50% 1	12.50% 1	0.00% 0	37.50% 3	12.50% 1	0.00% 0	12.50% 1	12.50% 1	0.00% 0	0.00% 0	8	6.63
Plyometrics	25.00% 2	0.00% 0	25.00% 2	0.00% 0	0.00% 0	0.00% 0	12.50% 1	25.00% 2	12.50% 1	0.00% 0	8	6.00
Elliptical	20.00% 2	0.00% 0	10.00% 1	0.00% 0	30.00% 3	20.00% 2	0.00% 0	0.00% 0	10.00% 1	10.00% 1	10	5.90
Ab Crunch / Leg Lift	0.00% 0	14.29% 1	14.29% 1	14.29% 1	14.29% 1	0.00% 0	28.57% 2	0.00% 0	0.00% 0	14.29% 1	7	5.57
Parallel Bars	0.00% 0	11.11% 1	33.33% 3	0.00% 0	0.00% 0	22.22% 2	11.11% 1	0.00% 0	11.11% 1	11.11% 1	9	5.56

Stretch / Core Twist	<b>0.00%</b> 0	<b>0.00%</b> 0	<b>12.50%</b> 1	<b>25.00%</b> 2	<b>25.00%</b> 2	<b>0.00%</b> 0	<b>12.50%</b> 1	<b>25.00%</b> 2	<b>0.00%</b> 0	<b>0.00%</b> 0	8	5.50
Cardio Stepper	<b>9.09%</b> 1	<b>18.18%</b> 2	<b>9.09%</b> 1	<b>9.09%</b> 1	<b>0.00%</b> 0	<b>0.00%</b> 0	<b>18.18%</b> 2	<b>18.18%</b> 2	<b>9.09%</b> 1	<b>9.09%</b> 1	11	5.45
Chest / Back Press	<b>22.22%</b> 2	<b>0.00%</b> 0	<b>0.00%</b> 0	<b>11.11%</b> 1	<b>0.00%</b> 0	<b>11.11%</b> 1	<b>11.11%</b> 1	<b>11.11%</b> 1	<b>22.22%</b> 2	<b>11.11%</b> 1	9	4.89
Hand Cyclor	<b>25.00%</b> 2	<b>0.00%</b> 0	<b>0.00%</b> 0	<b>0.00%</b> 0	<b>12.50%</b> 1	<b>12.50%</b> 1	<b>12.50%</b> 1	<b>0.00%</b> 0	<b>0.00%</b> 0	<b>37.50%</b> 3	8	4.75

**Q6 We are trying to place Fitness Zones: 1) where caregivers can watch their children in the playground while they use the equipment 2) not on slopes 3) not close to trees where construction would harm tree roots Considering these factors, would you say that our preliminary location for a Fitness Zone in your park is the best location?**

Answered: 9 Skipped: 3



Answer Choices	Responses
Yes	55.56% 5
No	0.00% 0
If no, why not and can you describe a better location?	44.44% 4
<b>Total</b>	<b>9</b>

#	If no, why not and can you describe a better location?	Date
1	Why? ( tooooo) much sun. Don't like being directly on the MLK side of park. (all of us don't have children) PART ON MLK side PART ON ALDER exercise by running/walking between the two locations	6/15/2015 7:16 PM
2	In area number 2, move the Fitness Zone over, closer to the ADA accessible path. Remove the one large tree. Place an area for kids to stay The kids can have a video or an entertainment station.(the caregiver can provide the video). When caregivers are using the fitness equipment, it should be a time to focus, not to babysit or the caregiver will use one equipment too long. To have a friendly adult Fitness Zone - no children after 6:00 P.M.	6/12/2015 10:21 AM
3	The area marked one is best for caregivers to watch their children and should be considered, The area marked two should NEVER be considered, as it obstructs a MAJOR pathway between the basketball courts and the children's play area. Not only does the ball roll into this area, but people often sit on this hillside. A second Fitness Zone area should be installed at the north end of the park.	6/9/2015 11:19 PM
4	No opinion on where things should go, other than why not under trees? The 'play lawn' should be everywhere there is not an all weather surface. Create a paved, ADA pathway around the perimeter (wavy, not straight with some up and down relief) because sometimes babies in strollers just don't want to be left there - and a parent can push a stroller around an ADA 'course' and get some exercise and maybe the kid will fall asleep	6/4/2015 5:55 PM

**Q7 Is there anything else we should know about this park and how it is used that would help us make this Fitness Zone a success?**

Answered: 7 Skipped: 5

#	Responses	Date
1	Seems there is a lot of emphasis on this being used by caregivers who want to be close to playground. Many non-caregivers use this park and might not want to work out in the play area.	6/16/2015 7:23 AM
2	My income is low if this PARK is built I would use it on a regular basis. I cannot afford a gym. ( I would use it)	6/15/2015 7:16 PM
3	Even more structures that lent themselves to parkour-style workouts would be great.	6/15/2015 12:07 PM
4	Decide on the target group. Who do you want to use the Fitness Zone? What is the procedure for complaints regarding the Fitness Zone? Are dogs allowed?	6/12/2015 10:21 AM
5	youth ambassadors to facilitate use and programming during the fair weather months	6/10/2015 12:50 PM
6	Please do NOT install the Fitness equipment in option area 2.	6/9/2015 11:19 PM
7	Put some old school playground equipment in it so slightly kids can actually have fun - play areas today are way to babyish. Slides, teeter-totters, bigger swings, jungle gyms that present a challenge to kids (just buy the darn insurance so when Johnny breaks his arm the city doesn't go bankrupt)	6/4/2015 5:55 PM